



## Fitness Walking and Running/Jogging Routes

One-mile walking routes have been mapped out in the LOB, around Minuteman Park, around Bushnell Park, and between the LOB and Capitol. The Mile should take about a half-hour and then less as your endurance builds up. The routes are as follows:

**Bushnell Park:** Once around the park = 7/10 mile

**Minuteman Park:** 6 times around the park = 1 mile

**LOB:** 4 times around each floor using stairs = 1 mile

**LOB/Capitol:** LOB front door to Capitol by concourse around first floor - hit all four corners - back to LOB - do same path again - back to LOB - to "Travelator" = 1 mile

### AROUND AND ABOUT BUSHNELL PARK

From the revolving door of the LOB third floor:

\*\* The corner of the capitol driveway at Elm & Trinity Sts. via west and north side: .22mile

\*\*Main park perimeter: .62 mile

\*\* From the driveway heading north on Trinity St. following the sidewalk on the left side of the Arch then heading west and south by the bandstand back to the starting point: .56 mile

\*\* From the east driveway entrance along Trinity St. then up Capitol Ave. following the sidewalk toward the Capitol, through the parking lot back to the revolving doors on the third floor: .30 mile

### THE CIVIC CENTER HIKE

It is ½ mile from the LOB third floor revolving doors to the Civic Center via the west side of the Capitol. Cross over Trinity St. and continue to the carousel past the Y on Ann St.

This is a 10-minute walk one way.

Unfortunately the Civic Center is quiet these days:

TJMax, bookstore, candy store, and the food court. Across the street on Trumbull St., however, is the "Buck a Book" store, which is quite interesting.

### THE WALK TO THE MARK TWAIN HOUSE

It is 2.3 miles to the Mark Twain house.

Begin at the west entrance of the LOB, to Broad St., to Farmington Ave.

(The cross walks on the left side of Farmington Avenue work well so the walk is pretty steady.)

This walk takes about 15 – 20 minutes one way depending on pace.

Be sure to take the time to walk the grounds and enjoy the perennial gardens!

### THE LONG ROAD TO ELIZABETH PARK

This walk is 4.2 miles.

Begin at the west entrance of the LOB, to Broad St., to Farmington Ave.

Continue on Farmington Ave. to the Hartford Seminary, by the Law School.

Go across Sigourney and through the park.

Come back via Asylum Avenue. Many diverse sights.

(This is a long walk – give or take one hour, depending on pace.)

### THE MONEY JAUNT

.37 miles - This is the distance to the CSE Credit Union on Wadsworth St.